



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

Caregivers are often the casualties, the hidden victims. No one sees the sacrifices they make.

~ Judith London

Caregiver Tip: Managing Intimacy While Caregiving

Caregiving often changes dynamics within a relationship. Roles change, new routines are established, fatigue occurs daily, and a caregivers' need for intimacy and closeness are often left behind. Caregivers may feel guilty talking about their need for intimacy when their loved one is dealing with serious health issues or losing their independence. Professionals and family caregivers suggested the following approaches to help maintain intimacy in relationships.

Caregiver Support Group
Wednesday,
May 1, 2019
4-5:30 p.m. at the
Alexandria Adult Day
Services Center

- Share responsibilities and activities with your loved one
- Talk about your feelings
- Take breaks and nurture yourself

For more information on managing intimacy and caregiving read, [Intimacy: A Casualty of Caregiving by the Caregivers Action Network](#).

Resources:

[Older Americans Month](#): Every year Older Americans are celebrated in May! This year's theme is Connect, Create, and Contribute! View [national resources](#) and [activities](#) to celebrate older adults in your community.

[Medicare In Depth](#): Learn more about Medicare Part A and Part B (Original Medicare). Tuesday, May 7, 10 a.m., 4401 Ford Avenue, Alexandria. To RSVP call 703.746.5999 or email [VICAP @alexandriava.gov](mailto:VICAP@alexandriava.gov).

[Senior Health & Fitness Fair](#): Learn ways to improve your health and stay fit. Wednesday, May 29, 10 a.m.-12 p.m., 1108 Jefferson Street, Alexandria. [Register here](#).

For questions, comments or to remove your name from our mailing list, please email DAAS@alexandriava.gov or call 703.746.5999.



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